Kenmare Wheels & Meals
221 North Central Ave
Kenmare, ND 58746
Office Hours: 9:00 am-2:00 pm
Office Phone: 701-385-4364
Toll-free: 1-877-385-4364
Email: Kwheelsmeals@outlook.com

NOVEMBER 2026

Service to Minot Available
Every Tuesday $12.00
OPEN TO THE PUBLIC

REMINDERS
11th, 26-27th
Office Closed/No Transit
Meal Sites Closed

Senior Nutrition News & Highlights: November Edition

Welcome to your November newsletter! As the weather cools and the holiday season approaches, our focus shifts to staying warm, managing seasonal health, and gathering with community.

Health Spotlight: National Diabetes Month

November is **National Diabetes Month**. Managing blood sugar is incredibly important for maintaining steady energy, sharp cognitive function, and cardiovascular health as we age.

- **Focus on Fiber:** Incorporate complex carbohydrates like oatmeal, brown rice, and whole-wheat bread into your morning routine.
- **Balance Your Plate:** Fill half your plate with colorful vegetables (such as broccoli, carrots, or leafy greens), one-quarter with lean protein (like turkey or fish), and one-quarter with whole grains.
- **Watch Hidden Sugars:** Holiday treats are everywhere this month. Look for low-sugar alternatives and try to limit sweetened beverages.

Seasonal Nutrition & Superfoods

Eating sustainably and choosing nutrient-dense, seasonal foods can support both your physical health and your immune system during flu season. This month, we are highlighting:

Sweet Potatoes: Packed with Vitamin A to support vision and immune health.
Cranberries: Rich in antioxidants and vitamin C, excellent for urinary tract and heart health.
Winter Squash: Varieties like butternut and acorn squash provide potassium and fiber to help regulate blood pressure.

Holiday Schedule & Meal Delivery Changes

Please note that our staff and volunteers will be celebrating Veterans Day, the Thanksgiving holiday, or the National Day of Mourning with their families.

- **Congregate Meal Sites:** Local dining rooms and senior centers will be closed on **Wed November 11th, Thursday, November 26** and **Friday, November 27**.
- **Home-Delivered Meals / Meals on Wheels:** Regular hot meal deliveries will not occur on the above-mentioned days. Frozen holiday pack meals will be distributed to all clients ahead of time during the week of **November 23**. Please ensure you clear freezer space for these items.

Community Connections & Events

- **Dine-In Social Hours:** Join us at your nearest congregate meal site for a special Pre-Thanksgiving Community Luncheon on **Monday, November 23rd.** Enjoy a traditional meal with local residents and staff.
- **Winter Weather Reminders:** As winter approaches, ensure your emergency food shelf is stocked with a 3-day supply of non-perishable food in case of unexpected weather disruptions to regular meal deliveries.



November 2026

Kenmare Wheels & Meals receives some federal & state funding to assist with food costs, but there is a suggested contribution of $5.00 per meal

Suggested contribution means '**pay what you can afford**' and each senior is responsible for determining what he/she is able to pay
All meals served with 1% milk, 2 slices of whole wheat bread and 2 tsp of margarine unless otherwise stated

KENMARE 11:45 AM *MENU SUBJECT TO CHANGE* **COLUMBUS/LIGNITE 12:00 PM**

Please call : 385-4364 (KENMARE) 385-4364 (Burke County) Call the day before to reserve or cancel a meal.

2 BBQ Chicken Slider Seasoned Peas Potato Wedge Applesauce	3 Hungarian Goulash Green Beans Tropical Fruit	4 Pork Chop Cranberry Dressing Sweet Potatoes Fruit	5 Chef Salad Blueberry Muffin Whole Banana	6 Honey Citrus Salmon Rice Pilaf Asparagus Tips Peaches
9 Beef Tips/ Gravy Egg Noodles Mixed Vegetables Mandarin Oranges	10 Chili Saltine Cracker Baked Potato Parslied Carrots Tropical Fruit	11  Office Closed No Transit Meal Sites Closed	12 Chicken Wild Rice Cass Steamed Corn Winter Squash Diced Pears	13 Pork Roast Boiled Potatoes Brussel Sprouts Fruit in Jello
16 Salisbury Steak Sweet Potatoes Broccoli Fruit Salad	17 Cabbage Rolls Garlic Mash Potato French Green Beans Garlic Toast Fruit in Jello	18 BBQ Ribs Cheesy Hashbrown Corn Berries w/Topping	19 Meatloaf Baked Potato / SC Cooked Beets Pineapple Chunks	20 Chicken Tenders Macaroni and Cheese Sliced Zucchini Fruit
23 Roasted Turkey Whipped Pot/Gravy Green Beans Cranberries Pumpkin Bar	24 Sausage with Sauerkraut Spaetzle Red Cabbage Fruit	25 Baked Ham AuGratin Potatoes Mix Veg Apple Dessert	26  Frozen Meals Available No Transit Office / Meal Sites Closed	27
30 Roast Beef Whipped Potatoes/Gravy Cream Corn Peaches	 NOVEMBER 1ST		 NOVEMBER 11TH	